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## Alcoholism Warning Signs

Alcoholism is one of the leading causes of death in the United States and contributes to at least 100,000 deaths annually. Despite these staggering statistics, there are highly successful treatment options available to help if you or a loved one has an alcohol problem.

Some warning signs of alcoholic drinking include:

- Preferring to drink alone;
- Using alcohol to cope, relieve pain or relax;
- Feeling guilty about drinking;
- Missing or arriving late to work or events because of drinking;
- Experiencing blackouts (periods of lost memory when drinking) or memory lapses;
- Becoming moody, agitated or violent after drinking;
- Realizing that your drinking is becoming a problem for you and your loved ones;
- Having loved ones, friends or co-workers express worry about your drinking;
- Making promises to stop drinking for specific periods of time; and
- Being unable to moderate your drinking once you have started.

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If you think you or a loved one may have an alcohol problem, help is available through your Employee Assistance Program (EAP). Simply call ComPsych® GuidanceResources® at: 1-888-355-5385 for confidential help 24 hours a day, 7 days a week, at no cost to you or your immediate family.

More information about alcoholism & other life issues is available online. Go to: [www.GuidanceResources.com](http://www.GuidanceResources.com). "First Time Users" will be prompted for your company's ID MC2003, to register and create your own username and password.

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